

Hello
FRESH

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WEEK 38
2016

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WINEBOX

Ramón Roqueta Blanco

This wine is made of 2 kinds of grapes. The taste of chardonnay fits well with the mildness of the hake, whilst the macabeo combines well with the freshness of the salad.



Hake fillet baked on the skin with colorful potato salad

With creamy olive cream

Hake fillet is a white fish with a soft, mild flavor. In this dish you serve the fish with a colorful salad of red peppers, radishes, spring onions and potatoes. By adding the olive cream to the salad it gets a creamy twist. Possibly add some mustard for tang.

store in refrigerator



30-35 min



easy



eat at the
beginning



kid
friendly



gluten free



Radish



Spring onion



Hake fillet



Olive cream



Red bell pepper



Nicola potatoes

Ingredients

	1P	2P	3P	4P	5P	6P
Nicola potatoes (g)	200	400	600	800	1000	1200
Red bell pepper	½	1	1½	2	2½	3
Radish	5	10	14	19	24	28
Spring onion	1½	3	4½	6	7½	9
Hake fillet 4)	1	2	3	4	5	6
Olive cream (g) 7) 10)	40	80	120	160	200	240
Olive oil (tbsp.)*	½	1	1½	2	2½	3
White balsamic vinegar (tsp.)*	1	2	3	4	5	6
Real butter (tbsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

4) Fish 7) Milk/lactose

10) Mustard

Utensils

Pot with lid, salad bowl, frying pan

Nutrition Facts 483 kcal | 26 g proteins | 45 g carbs | 21 g fat, of which 10 g saturated | 7 g fibres



1 Wash the potatoes (Nicola) thoroughly and cut into quarters of 1 ½ cm. Make sure the potatoes are just under water in a pot with lid, cover and bring to a boil, let boil for 12 - 15 minutes. Then drain and leave to steam without a lid.



2 Meanwhile, cut the peppers. Cut the radishes into thin slices and the radish leaf small. Cut the spring onions into rings and keep the white parts separate from the green. Mix the radish, the radish leaf and ¾ of the green parts of the spring onions into a salad bowl.



3 Heat the olive oil in a frying pan and fry the peppers for 5 minutes on high heat. During the last minute add the white parts of spring onions, deglaze with the balsamic vinegar and season with salt and pepper. Add to the salad bowl.



4 Clean the pan with a paper towel. Heat the butter in the pan over medium heat and fry the hake fillet 2 - 3 minutes on the skin side. Turn the hake fillets over and cook for 1 minute on the other side. Season with salt and pepper.

5 Add the potatoes and olive cream to the salad bowl. Mix well.

6 Divide the potato salad on the plates. Garnish with the remaining green parts of the spring onions and serve with the hake fillet.

Tip! Do you not like raw spring onions? Then bake the green parts with the white parts.



WIJNBOX

Cabriz Tinto
The spicy character of the bulgur and the dressing is accentuated by spicy taste of this red Portuguese wine.



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Brandt & Levie sausage with bulgur and parsley-mint dressing

With sweet cherry tomatoes

The Brandt & Levie guys have seasoned the pork sausage with garlic and marjoram this time. Marjoram is a herb that is commonly used in the Spanish and Italian cuisine and has a slightly bitter taste. You eat the sausage with bulgur with cinnamon, coriander seeds and a fresh dressing.

store in refrigerator



30-35 min



easy



eat at the beginning



lactose free



Pork sausage from Brandt & Levie



Fresh mint



Fresh curly parsley



Bulgur



Onion



Garlic clove



Eggplant



Cherry tomatoes



Cumin



Cinnamon

Ingredients

	1P	2P	3P	4P	5P	6P
Pork sausage from Brandt & Levie	1	2	3	4	5	6
Bulgur (g) 1)	85	170	250	335	420	500
Onion	½	1	1½	2	2½	3
Garlic clove	1	2	2	3	3	4
Eggplant	½	1	1½	2	2½	3
Cherry tomatoes (g)	125	250	375	500	625	750
Fresh curly parsley (sprigs) 23)	2	4	6	8	10	12
Fresh mint (leaves) 23)	6	10	14	18	22	26
Cumin (tsp.)	1	2	3	4	5	6
Cinnamon (tsp.)	¼	½	¾	1	1¼	1½
Vegetable bouillon (ml)*	175	350	500	675	850	1000
Olive oil (tbsp.)*	½	1	1	1½	1½	2
Extra virgin olive oil (tbsp.)*	1½	3	4½	6	7½	9
White balsamic vinegar (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

Nutrition Facts 743 kcal | 30 g protein | 74 g carbs | 39 g fat, of which 10 g saturated | 20 g fibres

* Add yourself

Allergens

1) Gluten
May contain traces of **23)** celery.

Utenils

Pot with lid, stir-fry or sauté pan with lid, aluminum foil, deep bowl with mixer



1 Preheat the oven to 70 degrees. Prepare the bouillon in a pot with lid for the bulgur.



2 Heat half the oil in a stir-fry or sauté pan with a lid and fry the pork sausage, covered, for 8 - 10 minutes. Then remove from the pan and keep aside, wrapped in aluminum foil, warm in the oven. Keep the pan with shortening from the sausage for step 5.

3 Meanwhile, add the bulgur to the pot with lid with bouillon and cook on low heat, covered, for 12 - 15 minutes or until . Mix well and add extra water if it becomes too dry. Then stir the bulgur and let steam without a lid.

4 Meanwhile, finely chop the onion and cut or press the garlic. Cut the eggplant in cubes of 1 cm and cut the cherry tomatoes in half. Cut the curly parsley and mint finely.



5 Put the stir-fry or sauté pan back over medium heat and fry the onion, garlic and eggplant, covered, for 8 minutes on medium heat in the shortening of the sausage. If necessary, add the remaining olive oil if it is too dry. In the last minute add the cumin and cinnamon.

6 Meanwhile, in a deep bowl, mix the majority of the curly parsley, the extra virgin olive oil, white balsamic vinegar and 1 tsp. of water per person. Season with salt and pepper and puree with a stick blender until a coarse dressing.



7 Add the bulgur and cherry tomatoes to the stir-fry or sauté pan and heat for 1 minute. Spoon the parsley-mint dressing in and divide the bulgur onto the plates. Serve with the pork sausage and garnish with the remaining curly parsley.

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WINEBOX

Sedosa Tinto

Beetroot combines well with red wine. Certainly when the red wine has a flexible structure. That's why this Sedosa tinto is the ideal wine for this dish.



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Conchiglie with beetroot, pear, goat cheese and walnuts

A wonderful flavor combination for this time of year

This is a combination of sweet beetroot and pear with salty goat cheese, spicy arugula and walnuts. The pear and beetroot are baked in the oven which gives them a roasted flavor. By sprinkling them in advance with black balsamic vinegar most of the acid evaporates from the vinegar, resulting in a fresh taste.

store in refrigerator



25-30 min



easy



eat within
5 days



vegetarian



kid
friendly



Beetroot



Mushroom



Arugula



Goat cheese



Pear



Conchiglie



Garlic clove



Walnuts

Ingredients

	1P	2P	3P	4P	5P	6P
Pear (conference)	½	1	1½	2	2½	3
Beetroot (g)	125	250	375	500	625	750
Conchiglie (g) 1)	90	180	270	360	450	540
Garlic clove	1	2	2	3	3	4
Mushrooms (g)	100	200	300	400	500	600
Arugula (g) 23)	20	40	60	80	100	120
Goat cheese (g) 7)	40	75	100	125	150	175
Walnuts (g) 8) 19) 22)	10	20	30	40	50	60
Black balsamic vinegar (tbsp.)*	½	1	1½	2	2½	3
Olive oil (tbsp.)*	1	2	2	3	3	4
Extra virgin olive oil*	To Taste					
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
8) Nuts
 May contain traces of
19) peanuts, **22)** (other)
 nuts and **23)** celery.

Utensils

Pot with lid, baking
 sheet with baking paper,
 stir-fry or sauté pan

Nutrition Facts 614 kcal | 23 g protein | 85 g carbs | 17 g fat, of which 7 g saturated | 12 g fibres



1 Preheat the oven to 200 degrees and cook 500 ml of water per person in a pot with a lid for the conchiglie.



2 Cut the pear and beetroot into thin slices and divide on a baking tray with wax paper. Sprinkle with black balsamic vinegar and half the olive oil. Season with salt and pepper and bake 10 - 15 minutes in the oven.



3 Boil the conchiglie, covered, for 10 - 12 minutes in the pot with a lid. Then drain, reserving a little cooking water and let steam without a lid.

4 Meanwhile, cut or press the garlic and slice the mushrooms.

5 Heat the remaining oil in a stir-fry or sauté pan and fry the mushrooms and garlic 4 - 5 minutes on high heat. Add the conchiglie and 2 tbsp. cooking water per person, season to taste with salt and pepper and heat for 1 minute. Remove the pan from the heat and add half of the arugula.



6 Divide the remaining arugula on plates and spoon the conchiglie it. Divide the pear, beetroot and goat cheese on the conchiglie and garnish with walnuts. Sprinkle to taste with extra virgin olive oil and black balsamic vinegar.

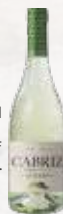
Tip! Fun for kids: scoop the beetroot and pear into the pan before serving. This way you get pink pasta!



WINEBOX

Cabriz Branco

This wine is full, fresh and spicy. Perfect with both the roasted taste of the sweet potato as with that of the fresh green herbs.



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Nile perch with vegetables and yogurt-chive sauce

With roasted sweet potato

Nile perch has a mild flavor and a firm texture. As a result, this fish is very suited for baking. In the preparation of this dish there is basting. This means that during the baking you will pour butter onto the fish. This way the fish becomes as smooth and soft as butter!

store in refrigerator



35-40 min



easy



eat at the beginning



kid friendly



gluten free



Carrot



Fresh chives



Turkish yogurt



Nile perch fillet



Sweet potato

Ingredients

	1P	2P	3P	4P	5P	6P
Carrot (g)	200	400	600	800	1000	1200
Sweet potato (g)	300	600	900	1200	1500	1800
Fresh chives (sprigs) 23)	5	10	15	20	25	30
Turkish yogurt (tbsp.) 7) 19) 22)	2	4	6	8	10	12
Nile perch 4)	1	2	3	4	5	6
Olive oil (tbsp.)*	1	1	1½	1½	2	2
Mustard (tsp.)*	½	1	1½	2	2½	3
Real butter (tbsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

4) Fish **7)** Milk/lactose
May contain traces of
19) peanuts, **22)** nuts and
23) celery.

Utensils

Pot with lid, baking sheet
with baking paper, frying
pan

Nutrition Facts 631 kcal | 28 g protein | 73 g carbs | 22 g fat, of which 8 g saturated | 13 g fibres



1 Preheat the oven to 220 degrees. Bring 300 ml of water per person to the boil in a pot with a lid for the carrots.

2 Cut the carrots in half lengthwise and then into quarters. Cook the carrots 6 - 8 minutes in the pot with a lid and then drain.

3 Meanwhile, peel the sweet potato and cut into cubes of 1-1 ½ cm. Divide the sweet potato and carrots on a baking sheet with baking paper, sprinkle with olive oil, season with salt and pepper and bake for 15 minutes in the oven.

4 Meanwhile slice or cut the chives small. Make a yogurt sauce with the Turkish yogurt, mustard, majority of the chives and salt and pepper to taste.

5 Heat the butter in a frying pan and fry the Nile perch fillet 4 - 5 minutes per side. Then scoop a tbsp. of hot butter from the pan and pour it back over the fish. Repeat several times (this technique is called basting).

6 Divide the Nile Perch fillet, carrots and sweet potato on the plates and serve with the yoghurt-chive sauce. Garnish the meal with the remaining chives and, possibly, the melted butter from the pan.

Tip! Check out our blog to see how to make a delicious pesto from the tops of the carrots.



WINEBOX

Sedosa Blanco

Oriental cuisines often have an intense flavor and ask for a fruity wine with a sweet aftertaste. That's why this Sedosa is very suitable.



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Spicy fried rice with vegetables, chicken thigh and fried egg

With homemade cauliflower rice

You cut the cauliflower in this dish into small crumbs; we call this cauliflower rice. This not only tastes great but also ensures a lighter texture than rice. Handy for those who do not like vegetables because the white cauliflower is completely hidden between the rice grains.

store in refrigerator



30-35 min



easy



eat within
5 days



kid
friendly



gluten free



Cauliflower



Chicken thigh pieces



Carrot (chopped)



Free-range egg



Daiikon cress



Brown rice



Garlic clove



Fresh ginger



Cumin



Curry spices



Fish sauce

Ingredients

	1P	2P	3P	4P	5P	6P
Brown rice (g)	85	170	250	335	420	500
Garlic clove	1	2	2	3	3	4
Fresh ginger (cm)	1	2	3	4	5	6
Cauliflower (g)	150	300	450	600	750	900
Chicken thigh pieces (g)	100	200	300	400	500	600
Carrot (chopped) (g) 23)	75	150	225	300	375	450
Cumin (tsp.)	1	2	3	4	5	6
Curry spices (tsp.)	1	2	3	4	5	6
Fish sauce (ml) 4) 9) 12) 19)	5	10	15	20	25	30
Free-range egg 3)	1	2	3	4	5	6
Daikon cress (tbsp.)	1	2	3	4	5	6
Vegetable bouillon (ml)*	175	350	525	700	875	1050
Real butter (tbsp.)*	½	1	1½	2	2½	3
Ketjap sauce (tbsp.)*	1	2	3	4	5	6
Sunflower oil (tbsp.)*	½	1	1	1½	1½	2
Pepper and salt*	To Taste					

* Add yourself

Allergens

3)Eggs **4)** Fish **9)** celery
12) sulfite

May contain traces of
19) peanuts and **23)**
celery.

Utensils

Pot with lid, stir-fry or
sauté pan, frying pan

Nutrition Facts 722 kcal | 37 g protein | 81 g carbs | 26 g fat, of which 10 g saturated | 8 g fibres



1 Prepare the bouillon in a pot with a lid for the rice. Add the rice and cook, covered, for 12 - 15 minutes. Drain if necessary and leave without a lid to steam.

2 Meanwhile cut or press the garlic. Peel the ginger and chop it finely. Cut the cauliflower until crumbs and strain in even, small pieces.



3 Heat the butter in a stir-fry or sauté pan and fry the chicken thigh pieces, garlic and ginger for 5 minutes on medium heat.

4 Then add the carrots, cumin and curry spices and stir-fry for 3 minutes. Add the cauliflower, rice, fish sauce and ketjap and stir-fry for 5 minutes. Season with salt and pepper.

5 Heat the sunflower oil in a frying pan. Bake 1 fried egg per person and season with salt and pepper.

6 Divide the fried rice on the plates. Cut the cress and garnish the meal with this. Serve the fried rice with the fried egg.



Tip! Do you have a food processor? Chop the cauliflower fine by briefly pressing the pulse button a few times. This is ideal if you want to cook this dish for more than 2 people.

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WINEBOX

Masan Rosé

Tomato, olives and rosé go well together taste-wise. A firm rosé goes well with the combination of ingredients in this dish.



Spaghetti with a spinach-tomato sauce and olives

A classic with a twist!

This spaghetti is a true classic with a twist. The spinach tomato sauce you make yourself and serve with wholemeal spaghetti. It is garnished with olives you briefly bake with fresh oregano, which makes for a wonderful smell in the kitchen. The olives in oil of oregano have a surprising taste.

store in refrigerator



20-25 min



super easy



eat within
3 days



vegetarian



kid
friendly



Leccino olive



Fresh oregano



Leaf spinach



Parmigiano Reggiano



Red onion



Spaghetti integrale



Tomato passata

Ingredients

	1P	2P	3P	4P	5P	6P
Red onion	½	1	1½	2	2½	3
Leccino olives (g)	25	50	75	100	125	150
Fresh oregano (stems) 23)	3	4	5	6	7	8
Spaghetti integrale (g) 1)	90	180	270	360	450	540
Tomato passata (ml)	200	400	600	800	1000	1200
Leaf spinach (g) 23)	100	200	300	400	500	600
Parmigiano Reggiano (g) 7)	10	20	30	40	50	60
Extra virgin olive oil (tbsp.)*	½	1	1	1½	1½	2
Olive oil (tbsp.)*	1	2	3	4	5	6
Black balsamic vinegar (tbsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
May contain traces of
23) celery.

Utensils

Pot with lid, stir-fry or
sauté pan, deep bowl
with stick blender, frying
pan

Nutrition Facts 643 kcal | 22 g protein | 74 g carbs | 26 g fat, of which 5 g saturated | 13 g fibres



1 Boil 500 ml of water per person in a pot with a lid for the spaghetti. Chop the red onion. Remove the oregano leaves from the stems and chop finely.



2 Cook the spaghetti, covered, for 10 - 12 minutes. Then drain, drizzle with extra virgin olive oil and season with salt and pepper. Let steam without a lid.



3 Meanwhile, heat the olive oil in a stir-fry or sauté pan and fry the red onion 2 minutes on low heat. Add the tomato passata and leaf spinach, reduce heat to medium and stir for 3 - 4 minutes until the wilted. Add the black balsamic vinegar and season to taste with salt and pepper.

4 Pour the tomato sauce into a deep bowl and puree with a stick blender until smooth. Pour the sauce back into the stir-fry or sauté pan and keep warm over low heat.



5 Heat a frying pan over high heat and fry the olives, including oil, together with the oregano for 2 minutes. If necessary add extra olive oil to prevent burning.

6 Divide the spaghetti on plates and spoon the sauce on top. Garnish with the Parmigiano Reggiano, oregano olives and possibly the oil from the pan to taste.

Tip! Do the kids at the table not like olives? By baking these separately you can divide them among the plates of those who do.



WINEBOX

Masan Blanc

This wine is super fresh. The green tones go perfectly with the fresh-spicy pearl couscous.



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Pearl Couscous with coriander, ricotta and cranberry mix

A delicious summer dish

Ricotta is a relatively thin but high-protein cheese and a good addition to a vegetarian diet. Did you know that egg whites from dairy products are better absorbed by the body than proteins from plant products?

store in refrigerator



20-25 min



super easy



eat within
3 days



vegetarian



kid
friendly



Fresh coriander



Ricotta



Pearl couscous



Yellow bell pepper



Shallot



Tomato



Lime



Cranberry - seed mix

Ingredients

	1P	2P	3P	4P	5P	6P
Pearl couscous (g) 1) 17)	85	170	250	335	420	500
Yellow bell pepper	½	1	1½	2	2½	3
Shallot	¼	½	¾	1	1¼	1½
Tomato	1	2	3	4	5	6
Fresh coriander (stems) 23)	3	6	8	11	14	16
Lime	½	1	1½	2	2½	3
Cranberry-seed mix (g) 8) 19) 22)	20	40	60	80	100	120
Ricotta (g) 7)	100	200	300	400	500	600
Vegetable bouillon (ml)*	175	350	500	675	850	1000
Olive oil (tsp.)*	1	2	3	4	5	6
Extra virgin olive oil (tbsp.)*	1	2	3	4	5	6
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
8) Nuts
 May contain traces of **17)**
 eggs, **19)** peanuts,
22) (other) nuts and
23) celery.

Utensils

Pot with lid, salad
 bowl, frying pan, fine
 grater

Nutrition Facts 588 kcal | 22 g protein | 81 g carbs | 17 g fat, of which 6 g saturated | 9 g fibres



1 Prepare the bouillon in a pot with a lid for the pearl couscous. Add the pearl couscous and cook, covered, for 12 minutes or until dry. Then stir the grains loose and toss into a salad bowl.



2 Meanwhile, cut the peppers small. Heat the olive oil in a frying pan and fry the peppers 3 - 4 minutes on high heat.



3 Meanwhile, finely chop the shallot. Cut the tomato small and chop the coriander fine. Add the shallot, tomato, peppers, and the majority of the coriander to the salad bowl.



4 Wash the lime thoroughly. Grate the zest with a fine grater and squeeze the juice out. Add the cranberry-seed mix, extra virgin olive oil, ½ tbsp. lime juice per person, ½ tsp. lime zest per person and half the ricotta cheese to the salad bowl. Mix it well and season with salt, pepper and any additional lime juice.

5 Divide the pearl couscous on the plates. Divide the remaining ricotta on top, garnish with the remaining coriander and lime juice.

Tip! Roll the lime firmly with your palm on the countertop before squeezing it. This way more juice comes out.

Do you not like raw shallot? Bake this along with the peppers for a softer taste.



WINEBOX

Masan Rosé

The cordon bleu and paprika potatoes in this dish are spicy. In contrast this rosé is nice and fresh and helps to balance the flavors.



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Mushroom cordon bleu with salad and potatoes

Stuffed with mozzarella

The mushroom cordon bleu is made from a layer of Dutch mushrooms, a crispy crust of breadcrumbs and stuffed with mozzarella and tomato. Here you serve flavorful paprika potatoes with a salad of zucchini, semi-dried red tomatoes and pumpkin seeds.

store in refrigerator



30-35 min



easy

eat within
5 days

vegetarian

kid
friendly

Mini romaine lettuce



Semi dried red tomatoes



mushroom cordon bleu with mozzarella



zucchini



Roseval potatoes



Paprika powder



Pumpkin seeds

Ingredients

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	250	500	750	1000	1250	1500
Paprika powder (tsp.)	½	1	1½	2	2½	3
Mini romaine lettuce (head)	1	2	3	4	5	6
Zucchini	½	1	1½	2	2½	3
Semi-dried red tomatoes (g)	30	60	90	120	150	180
Pumpkin seeds (g) 19) 22)	10	20	30	40	50	60
Mushroom cordon bleu 1) 3) 6) 7) 19) 22)	1	2	3	4	5	6
Olive oil (tbsp.)*	1	2	3	4	5	6
Sunflower oil (tbsp.)*	1	1	1	2	2	2
White balsamic vinegar (tsp.)*	½	1	1½	2	2½	3
Extra virgin olive oil (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1)Gluten **3)** Eggs **6)** Soy
7) Milk/lactose
May contain traces of
19) peanuts and **22)** nuts.

Utensils

Stir-fry or sauté pan
with lid, salad bowl,
frying pan

Nutrition Facts 732 kcal | 24 g protein | 77 g carbs | 34 g fat, of which 6 g saturated | 14 g fibres



1 Wash the potatoes (roseval) thoroughly and cut into wedges. Heat half the olive oil in a stir-fry or sauté pan with a lid and cook the potatoes 20 - 25 minutes, covered, over medium heat. Toss regularly and season to taste with salt and pepper. After 20 minutes remove the lid of the pan, add the paprika and cook for 5 minutes.

2 Meanwhile, cut the romaine lettuce small, cut the zucchini into thin slices and cut the semi-dried red tomatoes in half. Mix the romaine lettuce with tomatoes in a salad bowl.

3 Heat a frying pan over high heat and fry the pumpkin seeds, without oil, until they begin to pop. Remove from pan and keep separate.

4 Heat the remaining oil in the same frying pan and fry the zucchini 4 minutes, toss frequently. Add to the salad bowl.

5 Heat the sunflower oil in the same frying pan and fry the mushroom cordon bleu 2 - 3 minutes on each side.

6 Meanwhile add the white balsamic vinegar, extra virgin olive oil and majority of the pumpkin seeds to the salad bowl and season with salt and pepper.

7 Divide the potatoes, mushroom cordon bleu and salad on the plates and garnish with the remaining pumpkin seeds.

Fact! The roseval the potato is a culinary star. This tasteful species has a beautiful light purple skin and is full of flavor. That is why this potato species can regularly be found on the menu of restaurants.



WIJNBOX

Ramón Roqueta

Tinto

Wood matured tempranillo goes well with mushrooms. Because of its smooth structure this tinto is not too heavy for the chicken. Thus a great combination!



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Watch 'Over Smaak Valt Te Twisten' on Monday at 21.30 to learn more about next weeks dish!

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Chicken with mushrooms, sweet potato cream and wine sauce

Create the duxelle on your own

A culinary highlight in the box, based on the prize winning dish from the TV show 'Over Smaak Valt Te Twisten'. It will cost you a bit more time but it is a good recipe to show your cooking skills. Is the font of this recipe too small? Download the recipe on our website and zoom in!

store in refrigerator



45-50 min



a lot of steps



eat at the beginning



gluten free



Mushroom mix



Chicken thigh



Shallot



Garlic clove



Pistachios



Thyme



Rosemary



Sweet potato



Bay leaf



Red wine

Ingredients

	1P	2P	3P	4P	5P	6P
Shallot	1	2	3	4	5	6
Garlic clove	1	2	2	3	3	4
Mushroom mix (g)	175	350	525	700	875	1050
Pistachios (g) 8) 19) 22)	10	20	30	40	50	60
Chicken thigh	1	2	3	4	5	6
Thyme (tsp.)	½	1	1½	2	2½	3
Rosemary (tsp.)	½	1	1½	2	2½	3
Bay leaf	½	1	1½	2	2½	3
Red wine (ml) 12)	100	180	280	375	460	560
Sweet potato (g)	300	600	900	1200	1500	1800
Olive oil (tbsp.)*	½	1	1½	2	2½	3
Real butter (tbsp.)*	1½	3	4½	6	7½	9
Beef bouillon cube*	¼	½	¾	1	1¼	1½
Pepper and salt*	To Taste					

* Zelf toevoegen

Allergens

8) Nuts 12) Sulfite
May contain traces of
19) peanuts and 22)
(other) nuts.

Utensils

Frying pan, oven dish 2x,
fine sieve, pot with lid

Nutrition Facts 860 kcal | 30 g protein | 69 g carbs | 40 g fat, of which 17 g saturated | 12 g fibres



1 Preheat the oven to 180 degrees. Chop the shallot and cut of press the garlic. Cut the mushrooms finely and chop the pistachio nuts coarsely. Cut the thick part of the chicken thigh with a sharp knife to open a flat fillet and sprinkle with salt and pepper.



2 Heat the olive oil in a frying pan and fry the chicken thigh over high heat, for 3 - 4 minutes until brown. Remove from the pan and store in a baking dish. fry half of the shallot and half of the garlic for 1 minute in the same pan over medium-low heat. Add the mushroom, thyme and rosemary and cook for 3 - 4 minutes. Season with pepper. Let the mixture, what you call a duxelle, drain in a fine sieve.

3 Spread half of the duxelles over the chicken thigh and sprinkle with the pistachios. Bake for 17 - 20 minutes in the oven.

4 Meanwhile, heat 1/3 of the butter in the same pan and fry the remaining shallot and garlic for 1 minute. Add the bay leaf and red wine. Crumble the bouillon cube above and add 100 ml of water per person. Bring to the boil and let simmer over medium heat until a quarter.



5 Peel the sweet potato or wash thoroughly and cut into wedges. Make sure the potatoes are just under water in a pot with lid, bring to the boil covered and allow 10 - 12 minutes to cook. Drain, keep the cooking liquid, and let steam. Mash the sweet potato into a puree with 1/3 of the butter. If necessary, add some cooking water. Season with salt and pepper.

6 Strain the red wine sauce and pour back into the frying pan. Cut the remaining cold butter into cubes and stir in at the end with the red wine sauce over low heat. Remove the bay leaf and stir the sifted onions into the remaining duxelle in a baking dish and add to the chicken thigh for the last 3 minutes in the oven to warm.



7 Divide the sweet potato crème on the plates. Place the chicken thigh with duxelle on top and pour the red wine sauce over it.